



Tortilla Chips



Ingredients

4	Whole wheat flour tortillas
1 Tbsp	Canola oil ~or~ Vegetable oil
Pinch	Salt

Optional Ingredients:

1	Lime
2 tsp	Low sodium taco seasoning

Supplies & Equipment

- Knife
- Cutting board
- Medium mixing bowl
- Mixing spoon
- Measuring spoons
- Baking sheet
- Oven mitts
- Tongs

Directions

1. Preheat the oven to 350°F.
2. Cut each tortilla into 8 even sized triangles.
3. Coat the tortilla triangles with oil in a mixing bowl, making sure that all sides are evenly covered.
4. Arrange the triangles in a single layer on a baking sheet, sprinkle with a pinch of salt, and bake for 5 minutes.
5. Remove chips from the oven, use tongs to flip each chip over (they will be hot!), and bake for 5 more minutes. Chips are done when the edges begin to turn brown.
6. Let chips cool and then serve with your favorite dip!

***To make lime seasoned chips:** Follow steps 1-5 above. While chips are baking, use a food grater to zest a lime. After chips are finished baking, sprinkle with lime zest.

***To make taco seasoned chips:** Add 2 teaspoons of taco seasoning in with chips and oil in step 3, then bake.

*Recipe inspired by Nutrition a la Natalie